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Cool Kids Cook: Delicious recipes and fabulous facts to turn into a kitchen whizz

Jenny Chandler

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Cool Kids Cook: Delicious recipes and fabulous facts to turn into a kitchen whizz Jenny Chandler Cool Kids Cook is an informative, fun and stylish first cookbook for the pre-teen market. Children from ages 7 to 14 are getting more and more interested in getting into the kitchen. Moreover, they want a cook book that looks quite cool and grown-up, has lots of interesting and fun facts about food background, but that doesn't include recipes for rice crispy cakes and doesn't patronise. This books aims to do just that – to empower kids to a point where they could put a great supper on the table (with a bit of help/guidance for the first few years) and then give them a few exotic dishes with which to show off. This is NOT 'children's food', but real, achievable dishes that teach children about how to eat healthily, shop cannily and learn the vital basic cooking skills to set them up for life.

Alongside the classic recipes for muffins and a great birthday cake, you will also find nutritious ideas such as fish en papilotte, adventurous stir fries, vegetable slaws or homemade granola. 50 recipes will teach the basic skills and offer variations to build on those skills. With easy-to-follow step-by-step photography, a fun graphic style to the food facts and kitchen safety, plus loads of basic info on how to shop, plan and balance your diet, this is the book to get kids cooking properly for life.

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